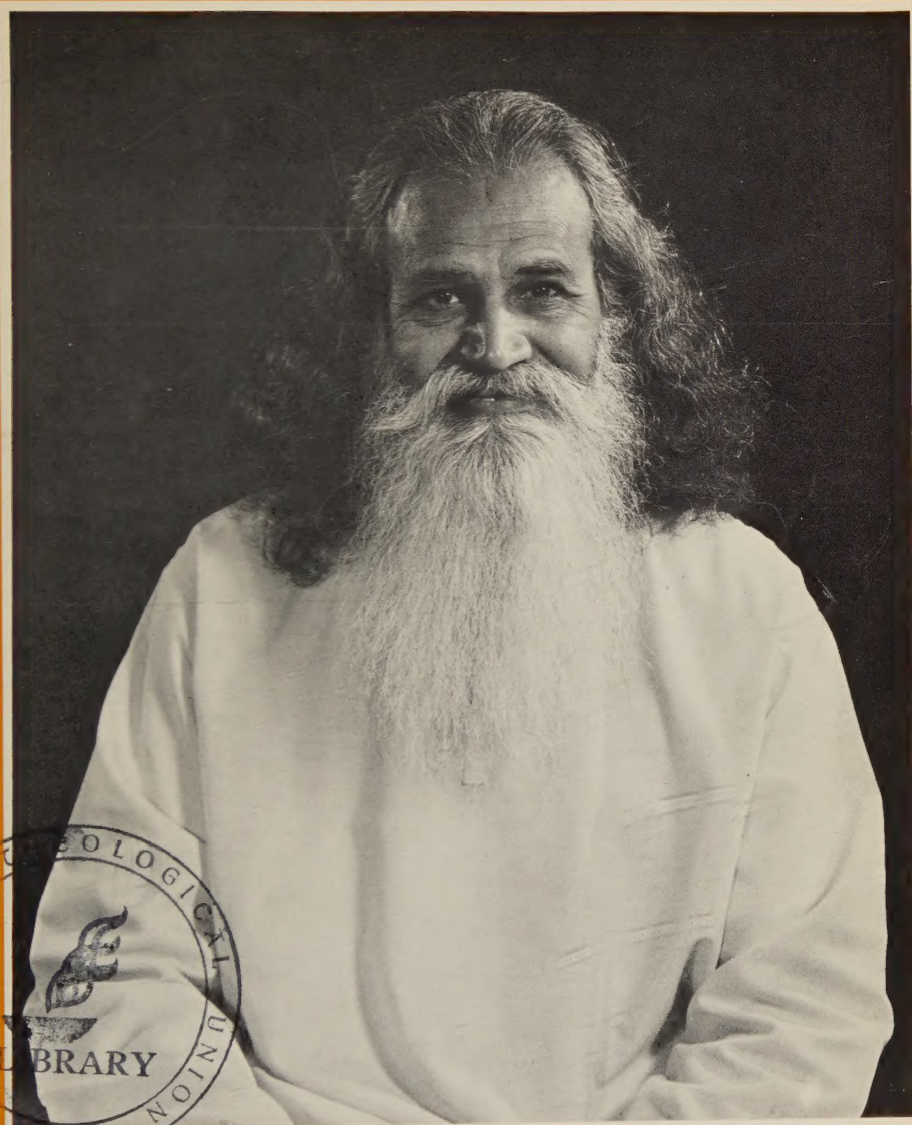


Pathways to Peace 4: Contenance

Integral Yoga®

The Teachings of Swami Satchidananda



1980 Sri Gurudev: Express, Don't Repress
Gandhiji & Father Teilhard on Self-Restraint
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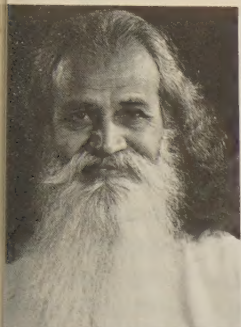
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Integral Yoga®

The Teachings of Swami Satchidananda

Volume 11, No. 4 August 1980

Pathways to Peace 4: Continence

SPECIAL FEATURES

PATHWAYS TO PEACE is a 10-part series on the yamas and niyamas, the timeless ethical teachings from the Yoga Sutras of Patanjali.

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Integral Yoga and You

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OM SHANTHI OM PEACE

Letters to Sri Gurudev



Dear Swami Satchidananda,
At the recent Convention in Japan, I was very pleased to understand more about the 'original' Yoga. I was so glad to have an opportunity to see Swami Satchidananda, one of the greatest men in the world and to feel his love and generosity to all the people he met here. I am sure that remembering his calm attitude will encourage me to cope with difficulties which I may face in the future. I hope he will carry on spreading his love all over the world and enlightening people.

-N.T., Tokyo

Thank you so much for blessing us with your presence in Japan. I wanted so much to tell you how grateful I am for your every teaching when I saw you at the Hotel, but somehow when I came so close to you, I couldn't find the courage to speak.

Even now I can't understand why I escaped when I really wanted, and still do, to be near you. It's so easy to see God in you and those close to you. You're all so soft and peaceful. I just can't believe that beauty could be in these eyes.

Please, Swamiji, let me be one of your children too.

-T.Y., Tokyo

I am one of those who was very much impressed by your lectures in Japan. Now I am writing this letter to send you my words of

hanks. I was impressed by our lecture in Tokyo, and I wanted to hear more so I went to Mishima and listened to our lecture with rapt attention.

You gave me so much through our lectures, and I cannot explain it by words. I have never had such experience, though I have heard many teachers before.

You said, "Everything that comes to us must be filled with vibrations of love." How wonderful and beautiful! Everytime these words come back to me, I am impressed from top to toe.

Now I vow to meet you and listen to you again. I have begun to study English hard to understand all that you say without interpretation.

Thank you very much for coming to Japan and for giving me a wonderful lecture.

-Y.K., Chiba-Ken

Sri Gurudev replies:

I am very happy to note that you felt some benefit from my visit to your beautiful country. Certainly, if even one person found some benefit or inspiration from my words, then my visit there was a fruitful one.

With this keen interest you show, you will certainly make speedy progress on the spiritual path. All of the Yoga practices are to help us to develop this pure and loving and open heart to receive the Divine Grace.

Continue to keep up this interest and spirit and you will continue to reap the many benefits available through the Yogic teachings. □

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Sri Swami Satchidananda

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible medium: Lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

BRAHMACHARYAM:

CONTINENCE

*Excerpts from "Integral Yoga: the Yoga Sutras of Patanjali",
translation and commentary by Sri Swami Satchidananda*

Sutra 38, Book 2

BRAMACHARYA PRATISHTHĀYĀM VĪRYA
LĀBHĀH. *By one established in
continence, vigor is gained.*

By getting established in continence or celibacy, we save energy. *Virya* means energy. *Labha* means profit. When there is no loss of *virya*, we gain vital energy. What we will gain by this saving is worth knowing. In the name of loving and giving, many times we lose this energy and become mentally and physically depleted. If we are not strong mentally and physically, we can never gain real spiritual wealth. The main cause of the present chaotic condition among the young is ignorance about *virya*. Young people say, "When you love somebody how can you stop giving?" But out of love they do not know what to give. Sometimes they even give venereal disease. They lose their health and spoil the health of the ones they love.

Can you say you love me and completely drain my blood and poison my system? No. If you love a child, will you make him

eat a box of candy? That isn't love. It is mere thoughtlessness. If you really loved the child, you would say, "Once in awhile you can have some, but I won't buy you an entire box." Even though the child is unhappy about it, you are proving yourself to be a loving friend. The case of *brahmacharya* is like that. The seminal fluid gives strength and stamina to the brain and nerves. Nervous debility is caused by a lack of stamina because it has all been drained away.

If sex is the only form of loving, then how can a brother and sister love one another? A son and mother; a daughter and father? So it is not the only way to show love. If love is based only on physical contact, the mind will never be satisfied with just one person. Today there will be *this* honey, tomorrow *that* honey, the third day another honey. Where is the limit?

Seminal fluid is our life. If stored properly it can bring a lot of energy. When absorbed into the system it gets transformed into *prana* (vital pure energy).



Conserved sexual energy in women also gets transformed. It is that vital force that allows you to really help people and have good relationships. Without *prana* we can never give anything to anybody, just as only a fully charged battery can give power. In observing *brahmacharya* we build up this energy.

A Yogi should always keep this in mind. Teaching Yoga is not like teaching history or geometry. The teacher must impart a life force, a little current, into others. How can he or she do this if that teacher is weak, has a rundown battery? So store your battery full of energy.

That doesn't mean you must completely stay away from sex. Instead, be moderate. Preserve as much energy as possible. Have sex only in the proper way, in a marital relationship. Until you have a regular partner for life, store the energy. After all, when can you ask a partner to go into business with you? Only after you've saved up enough capital.

Observing celibacy preserves

not just physical energy alone but mental, moral, intellectual and ultimately spiritual energy as well. Sexual energy that is preserved gets transformed into a subtle energy called *ojas*. This is similar to personal magnetism. It tones the entire personality, builds the nerves, improves brain power and calms the mind.

Ojas, when stored, creates *tejas*. *Tejas* is the aura or the glow. Everyone can glow and can transmit that energy when they preserve a lot of *ojas*. Every ordinary carbon left under the earth in an airtight chamber for a considerable time gets hardened, changes its color and becomes a diamond. If you preserve honey, it gets crystallized.

This is why continence is a very important part of Yoga. If a handful of people come forward with strong wills, nothing is impossible. One Buddha changed half the globe; one Christ, three quarters of the world. We all have that capacity. So let us know the value of *brahmacharya*, that it will certainly make us strong, happy, healthy, and blissful. □

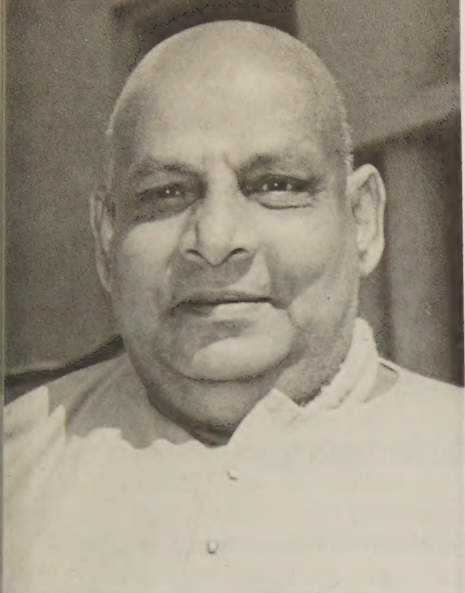
Self-Control

GEMS FROM THE THIRUKURAL
of Thiruvalluvar

Self-control will place a man
among the gods,
But the lack of it will lead him
into deepest darkness.

Guard your self-control
as a precious treasure,
For there is no greater
wealth than this.

More imposing than a mountain
is the greatness of the man who,
Steadfast in his domestic state,
has attained self-control.



STRENGTH, VIGOUR & Vitality

Sri Swami Sivananda

Brahmacharya is purity in thought, word and deed. It includes the control not only of the sex or reproductive organs but also all the other organs. This is the definition of Brahmacharya in a broad sense of the term. Brahmacharya includes character building or right moulding of character. They say that knowledge is power, but I assert boldly with great assurance and practical experience that character is power; and that character is far superior to even knowledge.

Virya or the vital force is attained by your being established in Brahmacharya. Brahmacharya is the *Acharya* or conduct by which you attain or reach God.

Even a little self-restraint or a little practice of continence is an ideal "pick-me-up". It gives inner strength and peace of mind. It invigorates the mind and nerves. It helps to conserve physical and mental energy. It augments memory, will-force, and brain-power. It bestows tremendous strength, vigour and vitality. It renovates

the system or constitution, rebuilds the cells and tissues, energizes digestion, and gives power to face the difficulties in the daily battle of life. One who has perfect control over sexual energy attains power unobtainable by any other means.

Diet plays a prominent part in keeping up Brahmacharya. Each food produces its own effect on each compartment of the brain and on the general system.

Give proper attention to food. Have moderation in diet. Garlic, onions, meat, fish, and eggs stimulate the passion. Take *sattwic* (calming) food. Occasional fasting checks passion, calms the emotions, controls the senses, and helps Brahmacharya.

People talk of Brahmacharya, but practical people are rare indeed. A life of continence is really beset with difficulties.

It is easy to tame a tiger or a lion or an elephant. It is easy to play with a cobra. It is easy to walk over the fire. It is easy to uproot the Himalayas. But it is difficult to eradicate lust.□

EXPRESS, DON'T REPRESS

Sri Swami Satchidananda

Sri Gurudev answers questions about Brahmacharyam

EVEN AN ATOM

QUESTION: Is it possible to be sexual and be holy?

SRI GURUDEV: Why not? Sexual practice is not contrary to Yoga. If that is so, why should God have created two different sexes with an attraction towards each other? In the minutest particle of the cosmos, the parts of the atom themselves seem to be attracted to each other. Electrons and neutrons run around each other, constantly. So there is love-making even in an atom. There's nothing wrong with it.

All we say is, have limitations. Do not simply allow your mind to take over and waste all its energy. If you are moderate, it's fine; like anything. Overeating, oversleeping, are also things to control. Everything within reason. Don't think that Yoga can only be practiced by celibates. If you are interested in marrying, beautiful, wonderful. Marry and bring some nice children into the world.

BUY BEFORE BITING

QUESTION: Does a commitment have to go with a sexual relationship?

SRI GURUDEV: In these days, many people are interested in pre-marital tests.

That is something like going to a shopkeeper and asking the price of a few apples.

"One dollar," he tells you.

"Are they any good?" you ask.

"Sure!"

"Well, I'll try one first."

A shopkeeper will never let you do that. He'll let you smell the apple and check out its size and shape but he'll never let you sample it before buying.

Are people inferior to apples? Should they allow everyone to come and take a bite before buying? So if you want to offer yourself to someone, do it purely, chastely. You are offering something very sacred and holy. Why should you let someone pollute this offering? If people want to know one another before marriage, they can become friends.

FORGET IT

QUESTION: Psychological studies have pretty well proved that when sexual energy is repressed it results in neurosis plus psychosis. Please discuss this.

SRI GURUDEV: The modern psychologists are not alone in that opinion. The ancient psychologists have said the same. It is very true. Repression isn't celibacy. Repression is not natural.

Very often I have said sex is not sinful like drinking or smoking. Just have limitations.

Remember, overindulgence will also produce psychosis, neurosis, and nervous disabilities. The *Shagavad Gita* clearly says: "Yoga is not for the person who eats a lot or who fasts a lot. Not for the person who sleeps a lot, nor for the person who forgoes all sleep." That means, find a middle path. Neither suppress nor overindulge.

If your interest is to dedicate your life 100 per cent for humanity in the name of God, as in the case of monks, nuns, priests, then you give up even that family life. If you have a family life, you may be very dedicated to God and humanity; but you won't be able to give 100 per cent. Those who choose that celibate life should do it only as a carefully thought out decision. When monastics experience agitation, it's because they don't understand completely the reason for their celibacy. Without understanding, the tendency is repression.

One should feel that being a celibate is entirely his own choice. No one has forced him.

If that decision has been made intelligently, carefully, then he or she will begin to

love everybody equally. "The whole world is my family. They are all my brothers and sisters." There is a great pleasure in that. After all, what is sex? A little happiness, a couple of minutes of joy. So the celibate experiences that happiness too in service. Mental happiness can come through any way. There's no difference between this happiness and that happiness. It's just mental play.

When dedication comes from your heart, it reflects in your life. So for some, serving others brings the same happiness that a person would normally enjoy through sex.

How many scientists forgot their families and sex and sleeping and eating in the enjoyment of inventing something? The mind is focussed on something else. That way you just forget it. You are not repressing it.

ENJOYMENT MEANS CONTROL

QUESTION: Could you please talk about continence and its relation to meditation?

SRI GURUDEV: Continence is connected with charging and recharging your batteries. Don't run down your battery. Use it in the proper way, by the proper channel. If you abuse it, it runs down. If you overindulge, there's no true enjoyment.

Many people think they are enjoying, but they get exhausted. It's not enjoyment then. Anything is enjoyable when you are really in control of it. For instance, when you are in control of a horse, wherever you want to turn, you know how to turn. When you want to gallop, gallop; when you want to stop, stop. If instead, you just cling on as the horse

gallops, you are simply holding on for your life.

Excess drains the energy, makes you physically and mentally weak. The body has a very strong connection with the mind. When the body and the nerves become weak, the mind also becomes weak. By saving a lot of *prana*, you can strengthen your system, physically and mentally.

Meditation means strengthening the mind, channeling the mind, controlling the mind. If you don't have enough strength, you can't control the mind. It's like a wild horse. A weak person cannot control the mind, cannot even sit for a few minutes to meditate. If the body is weak, the mind is weak. So that is the main purpose of continence. To strengthen the body and mind.

MISUNDERSTOOD MORALITY

QUESTION: Swamiji, the attempt for people to be outwardly "good" leads to repression of natural instincts and coldness of heart. It is most widely believed that the cause of this is a kind of puritanical religious morality. What do you think?

SRI GURUDEV: It is a misunderstood morality. When the scriptures say it's not good, there is a certain meaning behind that. It means over-indulgence is not good.

Even that doesn't mean that over-indulgence is a sin against God. You are sinning against your own body, but there's no religious sin in that. You are destroying your own vitality. You fall sick.

By being celibate or by moderation in physical contact, you save strength because the vital fluid strengthens both body and

mind. The goal of Yoga is to control the body and mind, to become the master of them.

How can you control them if you are not strong? A weak body and mind can never be controlled. It's something like a sick child who can never be made to be quiet. Anything that is weak becomes more restless. Brahmacharya helps you in strengthening your body and mind so that they will become beautiful instruments in your hands.

QUALITY OF PASSION

QUESTION: If a person feels strong physical passion, how can he or she redirect it? How can one change passion for another human being into passion for God?

SRI GURUDEV: You don't need to change the passion for another human being to God. You just change the quality of the passion, that's all. You can be passionate and compassionate too.

What you call passion is love with expectation. If you just love for the joy of loving, it's good. You can love everybody and anybody with that pure love. But with what you call passion, you always wait for something in return. It's love with expectation.

If we just change that expectation, we don't need to change to another object. The very person you love would appear to be God. You should love everything. Where is God if not in that person? God is everywhere. So if you learn to love that way, you don't need to dislike anything.

You asked mainly about the "physical passion". It's alright. But it shouldn't be only to satisfy the flesh. It should be an expression of pure joy within, a

sincere love within. Otherwise, it's just mechanical. If the passion is just physical, it won't stay long.

PRACTICING

QUESTION: What could I do to become better established in the practice of continence?

SRI GURUDEV: Practice meditation, *nadi suddhi pranayama* (alternate nostril breathing), physical postures. By these practices, you can sublimate the sexual energy and allow it to discharge, to dissolve, to get absorbed in the system. That in turn develops the memory power, brain power, nerve power, and helps us in progressing further in all the fields, including the spiritual one.

To practice moderation and especially celibacy, the mind must be kept cool and calm. If the mind is always running after desires of sex, and you force your body not to fulfill those desires, it generates a heat. It's something like pressing

the gas pedal of a car and at the same time applying the brake. The engine is like the mind. The entire physical body is the wheel. When you race the engine and hold the brake at the same time, there will be some damage somewhere.

When you want to control the body, take the foot away from the gas. The mind must be educated; it must be told why you want to practice moderation or celibacy, what the benefits are. When the mind understands the benefits, it will say, "Oh is that so? Then I will cooperate."

In all our life, to change all the habits, whatever we want to change, we should educate the mind. We should never force the mind to accept it. Instead, make the mind understand the benefits of practicing and the damage from not practicing. The profit and loss must be explained. Then the mind will accept it. Once the mind accepts it, it's easy; there is no strain at all.□

A Simple Explanation of Brahmacharyam

by Zachary Klee, age 7

When the cows get out of the barn, you have to run after the cows with a stick.

If ten cows get out, you should not run after all ten cows at the same time because you will not catch any of them that way. Only run after one at a time.

This shows that you should not scatter your energy.□



The Evolution of Chastity

During a first phase of humanity, man and woman are confined to the physical act of giving and and the concern with reproduction; and around the fundamental act they gradually develop a growing nimbus of spiritual exchanges. At first it was no more than an imperceptible fringe, but the fruitfulness and mystery of union gradually find their way into it. However, at that very moment, the centre of physical union from which the light emanated is seen to be incapable of accepting further expansion. The centre of attraction suddenly withdraws ahead to infinity, we might say; and, in order to continue to possess one another more fully in spirit, the lovers are obliged to turn away from the body, and so seek one another in God.

Theoretically, this transformation of love is quite possible. All that is needed to effect it is that the pull of the *personal* divine centre be felt with sufficient force to dominate the natural attraction that would tend to cause the pair of hu-

man monads to rush prematurely into one another's arms.

In practice, I am forced to admit, the difficulty of this enterprise seems so great that ninety per cent of my readers would say that all I have written here is over-ingenuous or even wildly absurd. Surely universal experience has shown conclusively that spiritual loves have always ended in grossness? Man is made to walk with his feet on the ground. Has anyone ever thought of giving him wings?

Yes, I shall answer: some madmen have had such a dream; and that is why we have today conquered the skies. What paralyzes life is lack of faith and lack of audacity. It is biologically evident that to gain control of passion and so make it serve spirit must be a condition of progress.

The day will come when, after harnessing space, the winds, the tides, gravitation, we shall harness for God the energies of love. And on that day, for the second time in the history of the world, man will have discovered fire. □

Mastering the Senses



How foolish it is intentionally to dissipate vital energy in sensual enjoyment! It is a grave misuse to fritter away for physical gratification that which is given to man and woman for the full development of their bodily and mental powers. Such misuse is the root cause of many a disease.

Brahmacharya, like all other observances, must be observed in thought, word and deed. We are told in the Gita; and experience will corroborate the statement, that the foolish man, who appears to control his body, but is nursing evil thoughts in his mind, makes a vain effort. It may be harmful to suppress the body, if the mind is at the same time allowed to go astray. Where the mind wanders, the body must follow sooner or later.

It is necessary here to appreciate a distinction. It is one thing to allow the mind to harbour impure thoughts. It is a different thing altogether if it strays among them in spite of ourselves. Victory will be ours in the end, if we do not co-

operate with the mind in its wanderings.

Brahmacharya means control of all the organs of sense. He who attempts to control only one organ, and allows all the others free play, is bound to find his effort futile. If we practice simultaneous self-control in all directions, the attempt will be scientific and possible of success.

Brahmacharya means not suppression of one or more senses but complete mastery over them all. The two states are fundamentally different. I can suppress my senses today, but it may take time to conquer them. Conquest means *using* them as willing slaves. I can prick the ear drum and suppress the sense of hearing by a simple, painless operation. This is worthless. I must train the ear so that it refuses to hear gossip, lewd talk, blasphemy, but is open to the celestial music. It will hear the most distant cry for succour from thousands of miles. We must transmit the most creative energy we possess into creating constructive work for the whole of life.□

MODERATORS

"The command of one's self is the greatest empire a man can aspire unto. He who reigns within himself and rules his passions, desires, and fears is more than a king."

-John Milton
*

"Enough is abundance to the wise."

-Euripides
*

"Continence is an angelic exercise."

-Saint Augustine
*

"Chastity is the cement of civilization and progress."

-Mary Baker Eddy
*

"It is the whole history of mankind that power lacking the inner strength of self-restraint will eventually be cast down."

-Adlai Stevenson
*

"A great soul prefers moderation to excess."

-Seneca
*

"Too much of a good thing is worse than none at all!"

-proverb
*

"The body oppressed by excesses, bears down the mind, and depresses to the earth any portion of the divine Spirit we have been endowed with."

-Horace
*

"No man is free who cannot command himself."

-Pythagoras
*

"If you can command yourself, you can command the world."

-Chinese proverb
*

LOTUS Blooms in Buckingham



Buckingham County, Virginia was covered with rich, green foliage and flowers in full bloom. This beauty, the fresh air, and the soft calls of birds surrounded people from all over the country who had come to Yogaville, Virginia for the LOTUS groundbreaking. For most it was the first time they had seen the 650 acres of forests, hills and fields which will eventually be the main headquarters for the Integral Yoga Institutes and a community of homes and cottage industries.

Our quiet Connecticut Ashram seems like a bustling metropolis compared to the Virginia property. Although Charlottesville and Lynchburg are within easy driving distance, Yogaville, Virginia is quite secluded, isolated. The air is vibrant, undisturbed; and the atmosphere itself is meditative. Everywhere one looks there are trees, fields, the James River, sky, and nothing else. The visitors who stayed in tents were lulled to sleep by the sounds of whippoorwills and other night birds.

This lovely area will be the home for the LOTUS--a shrine

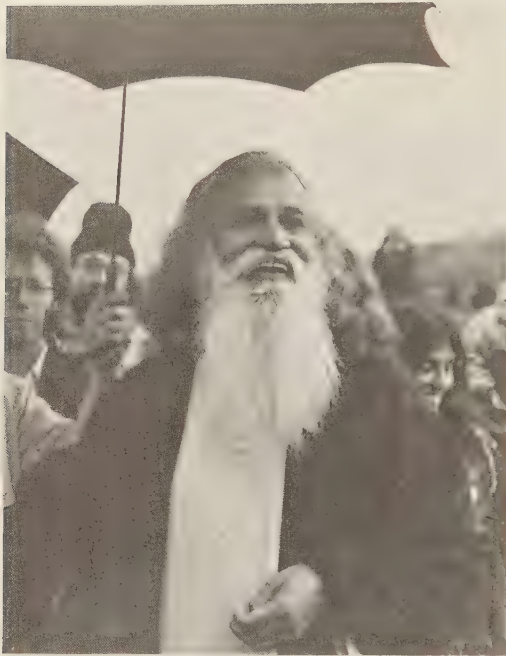
for all religions, a place where one light will reflect on each of the 11 little chapels (one chapel for each major religion and one chapel to represent all other religions known and unknown), a place of meditation, reflection, peace.

The 30th of April was the day this great dream of Sri Swami Satchidananda's began to take physical form.

Devotees from all over the country and a number of people from the area near the Virginia Ashram came together for this great event. Hundreds of people walked or rode in the backs of trucks over bumpy terrain to the spot where the LOTUS will be.

This valley near the James River seemed to have designed itself just for the Shrine which will be built there. A large circle of trees and hills surrounds the area where the lotus-shaped building will sit at the side of a man-made lake.

It was a sight both stirring and sweet to see the huge bulldozer waiting for the *puja* (worship ceremony) to begin. The big piece of machinery had been



Top Row from left:

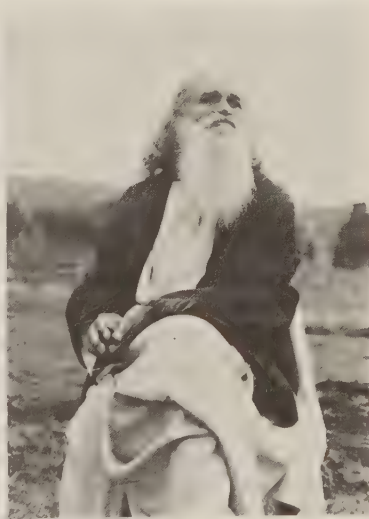
The slight drizzle doesn't dampen the day's enthusiasm.

Sri Gurudev performs the opening ceremony.

*Sri Gurudev joins the children as they play (what else?)
groundbreaking!*

Working in Virginia

1980



Bottom Row from left:

Sri Gurudev starts the digging for the LOTUS lake.
A young man gets some expert assistance in a game
of seesaw.

Work on clearing the land begins immediately the day
after the groundbreaking.

The one whose vision is making it all possible.

surrounded by ropes of dogwood blossoms and greenery and stood in front of a simple altar.

There was a gentle drizzle of rain as Sri Gurudev arrived at the site to begin this auspicious occasion. Sri Kanagaratnam, visiting from Sri Lanka, chanted softly as Gurudev began the *pūja*. The simple, beautiful ceremony ended dynamically as Gurudev stood holding the coconut used in the service. The coconut represents the hard egoistic shell. Gurudev raised it high above his head and shouted, "Jai Sri Satguru Maharaj Ki!" (Victory to the Divine!) as he dashed the coconut against the bucket of the bulldozer. This particular egoistic shell smashed into hundreds of pieces.

Next Gurudev climbed up to the driver's seat and started up the bulldozer. Powerfully it moved through the dogwood ropes and began to dig up the rich, red earth.

Sri Gurudev spent almost 30 minutes beginning this digging for the LOTUS lake. Auspiciousness does not necessarily mean somberness, and Gurudev played with everyone even as he worked driving the bulldozer. A number of people followed along behind the machine, and Gurudev would turn it and gently chase them. At one point, he dumped a huge pile of earth from the bucket. The very last thing to come out was a bunch of flowers which landed, of course, right side up as if by conscious design.

Sitting atop the bulldozer, the Master paused briefly to address everyone present. "I'm sure by the Grace of God and by the good wishes of all of you,

this great project of the LOTUS will be achieved very soon, so the world may know that we are all one in Spirit."

This glorious day was also the first full moon day of the Tamil year, Chitra Poornami. And so at dark, the crowning ceremony took place. Everyone gathered at the overlook, a beautiful point behind the only house on the property, which gives a marvelous view of the James River and Blue Ridge Mountains.

Sri Gurudev, assisted by Swami Nityananda and Sundaram Curtis, gave a fantastic fireworks display. The show started with rockets which exploded into lights far above the River. Gurudev and his helpers got more and more inventive as they continued experimenting with combinations of sparklers and streamers and rockets. The audience was delighted by this incredible display of lights and colors.

One beautiful memory from that night seems to represent the majesty and import of the events of the day: Sri Gurudev stood with a glowing sparkler raised high above his head. It was very dark, and the only light came from this sparkler which Gurudev held and. . .from the circle of children who stood around him, their delighted faces also lit by the sparklers they held. There they stood, Gurudev and the children, laughing together, all aglow, oblivious to the night's darkness.

For further information about LOTUS, please contact: LOTUS, Satchidananda Ashram, P.O. Box 108, Pomfret Center, CT. 06259. □



Buddha ~ Dream

*What is the dream of the Buddha
That makes him so.
It is not Buddhahood:
That is our dream.*

*I flew to the India of the Buddha
And lotus flowers bloomed
In the clouds of my dream.
Still not Buddhahood.*

*I wandered along the banks of the Ganges
Among the pyres and pilgrims
The monks chanting
Still not Buddhahood.*

*I sought the Buddha in my dream
To ask about his dream,
And when I found him
He said he did not dream.*

*Dreams are not the Buddha, he said
Nor is the Buddha a dream:
That is why the lotus flower blooms only on earth
And not in the heavens.*

-Joanna Kleber



Treasures & Dragons

Martha Belknap

illustrations by Divya Shapiro

The body we receive at birth
Is where we live while on this earth.
Within this temple we reside.
Some golden treasures are inside.

We're filled with loving energy,
Intelligence, vitality,
Creative thoughts, imagination,
Talents and determination.
These are gifts that we can find
In our body-spirit-mind.
It's impossible to measure
All the value of our treasure.



Dragons at the temple door
 Sometimes start to snort and roar.
 Then they snoop and cause a fuss
 Knowing how to bother us.
 Dragons such as greed and fear
 Often try to venture near.
 If we let them come inside
 They can find a place to hide.
 Laziness, disease and hate
 May invade the temple gate.
 Tension, jealousy and pain
 All can drive us quite insane.
 Anger and anxiety
 Are as mean as they can be
 Breathing fire down our neck
 As our treasures we protect.

If these dragons start to shout
 We can learn to clear them out.
 From our temples we can show
 Dreadful dragons where to go.
 As we learn to meditate
 We can chase them from the gate.
 When we're calm and can relax
 Dragons will not make attacks.
 As we learn to center in
 All our dragon wars we win.
 Yoga teaches us to be
 Filled with health and harmony.



As our tensions we release
 We can flow with love and peace.
 When the food we eat is pure
 Dragons go away for sure.
 When our air is clean and clear
 Dragon's breath will disappear.
 If we're laughing, having fun,
 Dragons will be on the run.
 If we're challenging our mind
 Hiding places they won't find.
 When we exercise and dance
 Dragons do not have a chance.
 Driving dragons from our door
 We'll enjoy our temples more
 And derive some deeper pleasures
 From our special golden treasures!□

The Divine Physician

Sandra McLanahan, M.D.
(Swami Amritananda Ma)

To pay adequate tribute to the late great master of Ayurvedic medicine, Pandit Shiv Sharma is very difficult. His flashing eyes, his sparkling wit, his brilliant intellect combined with a simplicity, openness and universality. He was truly priest-doctor-saint. Being with him was like keeping company with a gentle thunderstorm. Truth, puns, information flew forth like lightning as he spoke. Panditji was loved and revered worldwide. He simply dazzled everyone who knew him.

Ayurveda is the most ancient medical science. According to tradition, it was taught by the Lord Himself to the author of the Vedas. It was genuinely holistic. Ayurveda means "science of living" or "how to live correctly". This system classifies diseases as: too much, too little or wrong place/wrong time. The body and mind are made of fire (heat), water (cooling), or air (gas); and it is the keeping of these in balance that constitutes health and the practice of this wonderful medical system. For

example, one who is prone to anger or fever (both heat) is treated with cooling foods, herbs and activities of mind.

BEAUTIFUL SCIENCE

Using this beautiful and profound science, Panditji was able to achieve dynamic results, often where Western medicine had failed.

Panditji knew more about Ayurveda than any other 20th century physician. He took the science itself into new dimensions with his own manifestation of it. He emphasized that natural diet, daily exercise, cheerful mental attitude were the prerequisites of health. He practiced what he advised and remained dynamically active, humorous, shiningly healthy throughout his life.

The passing of this great man is a sore loss for us all. The best we can hope for is to keep alive his teachings, his school, his personal example. That example should well serve us all as a brilliant beacon of what the divine physician should be. □

IN MEMORIAM:

Pandit
Shiv Sharma

1906-1980



*Sri Gurudev and Sri Panditji
at the IYTA Convention in
April of this year.*

The Times of Ceylon has said of Pandit Shiv Sharma: "What Nehru is to Indian politics, what Radhakrishnan is to Indian philosophy, what Tata is to Indian industry, Shiv Sharma is to Indian Ayurveda."

As far as words can, this aptly describes the stature and influence of this leading exponent, scholar, and physician in the field of Ayurveda. A beloved friend and associate of Sri Gurudev for many years, Panditji (who served as personal physician to the presidents of India) was the picture of humility. He referred to himself when in Sri Gurudev's presence as "a simple devotee of Swamiji Maharaj's".

In April of this year, Panditji and Sri Gurudev had been together at the International Yoga Teacher Association/ World Zen Yoga Convention in Japan. Shortly after his return from this event, Sri Gurudev learned of the passing of Panditji.

The following excerpts from Sri Gurudev's letter of condolence to Mrs. Sharma express for all of us our heartfelt prayers for the family of this "noble son" who was a guiding light for so many.

"It was hard to believe the shocking news of the sudden passing of our beloved Panditji. . .I don't think I have enough words to console you other than to say that if God wants him to be near Him, nobody can stop Him. Panditji lived a very fruitful and glorious life serving thousands in many many ways. Mother India has lost one of her most noble sons. Please know that it is not only your loss, but it is the loss of all those thousands who loved him dearly and benefitted from his presence.

"Kindly accept my condolences and please be assured that my sincere prayers for his peace and your comforting go with you all. May God be with you. Om Shanthi."□

Refreshing Fruit



From "Vegetarian Cookery for Everyone"

Recipes presented by the Integral Yoga Institute

FRUIT SALAD

Peel and grate 8 - 10 apples; sliced bananas; grapes (without seeds); pears cut in small chunks; strawberries (in season); sliced dates; handful of raisins; peaches and plums (in season).

Mix all ingredients together in large bowl. Apples will turn brown. This is desirable since the flavor is unique when oxidized. Citrus fruits are not recommended for this recipe.* A banana smoothie is nice to mix in, or try cottage cheese or yogurt.

BANANA SMOOTHIE

In a blender place 2 - 4 ripe bananas (depending on desired consistency, use less bananas for a thinner drink; more for thicker toppings). Pour milk in until it covers top of bananas. Add 1/2 tsp. carob powder and 1 tablespoon of honey (optional). Add cashews if you like. Blend all ingredients together til smooth. In summer add strawberries or other berries.

FRUIT SMOOTHIES

In blender place 2 - 3 varieties of fresh fruit (peaches, grapes, plums, pears) and cover with apple juice. Blend til smooth.

FRUIT SOUP

Use the same ingredients mentioned for Fruit Salad but do not peel and grate apples, just slice thin. Squeeze 1/2 fresh lemon over mixture and 2 to 3 tablespoons vanilla. The fruit will absorb the lemon-vanilla flavoring. Before serving, mix in yogurt to cover fruit and drip honey throughout to taste.

*Citrus fruits should not be mixed with dairy products. In the case of Fruit Soup, the lemon is an exception because so little is used; however, the lemon may be omitted.□

Day-by-Day with Sri Gurudev

At the IYTA Convention in Japan:



Sri Gurudev, Pandit Shiv Sharma, Dr. Masahiro Oki



Sri Gurudev, Panditji, Mr. B.K.S. Iyengar

February - April 1980

MINNESOTA: Crooked World

Sri Gurudev arrived in the Twin Cities (St. Paul and Minneapolis) on 1 February. The Twin Cities Yoga Society is under the direction of Sri Charles Bates, principal disciple of Sri Swami Rama. For the past several years, the TCYS has been requesting Sri Gurudev to visit there. They were thrilled to finally welcome him and had arranged three lectures for him to speak about the relevance of Yoga during a time of world crisis. The weekend was called, "Sitting with the Master".

During the first talk in relation to world crisis, Sri Gurudev asked, "Do you really think the world could ever be all peaceful?" He answered the question himself saying, "Sorry, no. The world means that there will always be ups and downs. The world is like a big factory; we are constantly being rubbed, scrubbed, nailed, until we become finished products. That is the purpose of the world. . . Use the world to shape yourself. We need a crooked world, like a crooked saw. In a rough world, we can really get cleaned."

Answering a question about forgiveness, Gurudev said, "For-

givenness is not an act of charity. That should not be the attitude. Instead put yourself in that person's place. Then you understand the person, and there isn't even the question of forgiveness."

On another evening, Gurudev was asked to speak about his own master, Swami Sivanandaji Maharaj. He told some beautiful stories about the great "Sage of Rishikesh" and said, "He was so jovial, so friendly. He seemed like an ordinary person. That is a *Jivanmukta* (liberated living being). Playing with the people who play; crying with the people who cry. Such a person doesn't pretend to be anything different. In him I first saw real Integral Yoga. He accepted everyone and everything. If you see even a little good in me, it is because of him."

After the last satsang, there was a tea at the home of Mr. Bates so that the members who had worked so lovingly and hosted him so graciously could visit with Gurudev a little more. John Goodell, who made the *Y.E.S.* film, was able to join us there for this lovely get-together.

-Sister Devi

CALIFORNIA: Who Shall See God?

By invitation of Reverend Anthony Perrino, Minister of the Unitarian Church of Santa Barbara Gurudev appeared on KEYT's talk show called "Focus". Rev. Perrino interviewed Gurudev about the Yogic concept of salvation and ultimate Truth.

Reverend Perrino had also invited Sri Gurudev to give the Sunday sermon at the Unitarian

Church. A large number of people filled the church for this talk on "Who Shall See God?" People of various faiths participated enthusiastically in songs and readings from the Vedic as well as Christian heritage.

Gurudev spoke right to the heart of everyone there as he said, "Have a peaceful mind, then you will see God. Be neutral,

selfless; give, give, give!"

Defense, Not Offense

The evening before his talk at the Unitarian Church, Gurudev had given the first of six Saturday Satsangs in Santa Barbara. It was a serious and sobering talk as Gurudev answered many questions about the world situation. "What do we see on the news?" he asked. Everywhere a crisis. Hostages in Iran, energy shortage, reports of teenage violence, vandalism, crime, cancer, inflation, poverty. It seems that we are losing our morality, thinking only of the body and mind and lacking a true religious practice and aim in life. There seems to be a lack of knowledge that we are all one in spirit."

One question concerned the draft. Gurudev said, "Personally I feel it is our duty to help make America strong. Non-violence is impossible for a weakling, as Mahatma Gandhi taught. So be strong, then non-violent. We should be able to defend ourselves but not be offensive. It should be possible for you to register and say, 'To defend my country, I'll fight. But if we take offensive action, I will not fight.'" Finally, Gurudev reminded us, "Always remember that we all belong to the whole world. Different rooms of the same house. We can keep our individuality, yet think commonly for the welfare of all. Let us care and share. We are Earthians first."

On Valentine's Day, Gurudev went to Ventura, where he was the guest on a show called "The Message is Love" hosted by Jeri and Robert Silver, who are students of John-Roger. They said that they felt it was time for more people to hear about Gurudev's

loving service in the world. On this day, they taped a special called "The Loving Heart". It is the Silver's dream to distribute this tape and others they made with Gurudev for satellite TV.

Super-Unity

The 16 February satsang was held during a period of heavy storms. On this particular night, large rock and mud slides blocked the roads on the surrounding mountains. Yet, inside the church we heard the voice of serenity and peace itself. Sri Gurudev gave a beautiful example of co-operative effort from Sri Ramakrishna: "If even one small fiber is out of place, one can't put the thread through the needle." So like ants that cross the Amazon River by forming a chain, we can also cross the turbulent river of life through collective effort by being strong together. People holding hands. Community is super-unity." Heart to Heart

Eleanor Anderson, the previous owner of La Paz, asked Sri Gurudev to speak at the Gathering Place, which is a Peace Resource Center in Santa Barbara for various peace related and non-violent activities where different groups get together and work for common goals.

Gurudev had spoken to the group last year, and they enjoyed his talk so much they wanted him back again this year. Eleanor explained. "He personifies what we stand for, peace and non-violence." This year, he was asked to discuss not only non-violence in general, but also non-violence in personal relationships. He responded by saying that even national violence is based on how people talk to each other "heart to

heart". "Murder of oneself is the worst crime, the root of all crimes. This doesn't just mean suicide. Anything we do that negates who we truly are is real violence."

During this time, Yogi Amrit Desai, accompanied by his secretary Krishnapriya, visited Sri Gurudev at La Paz. Yogiji is the founder of the Kripalu Ashram and a good friend of Sri Gurudev. As these two Yoga masters talked together, Yogiji mentioned that he is in the process of looking for land in Florida to consolidate his ashrams and to have a warmer climate. Gurudev's eyes twinkled as he replied, "How about Virginia?"

Birth and Death

Enroute to Los Angeles for a public talk, Gurudev stopped to visit Ivan and Ulla Kafaloff. They are longtime devotees of Sri Gurudev and wanted to share the joy of the new arrival of a long-awaited family member. After wanting a child for 13 years, they are now the proud parents of a beautiful baby girl whom Gurudev named Tara (the star). They told us that it was Gurudev's encouragement that they felt produced this miracle child.

Later that day, Gurudev presided over a memorial service for the departed soul of Sandy Yamuna Eller a longtime devotee who passed on after a lengthy illness. Her good friend Ganga Cole had arranged this lovely service. Gurudev spoke about the immortality of the soul. "If we understand the purpose of life, of the journey of the soul, we will not mourn. It is like being sad or unhappy about one of our close friends being promoted to an upper class. Because we are still

here in the same grade, should we feel badly about someone graduating?"

Care and Share

Ananda Sambhava arranged a tour for Gurudev of the physics laboratory at Cal. Tech. in Pasadena. There he met with scientists working on a variety of experiments. Afterward, John Foy, who works with lasers and spectrum light shared some ideas for ways of projecting the light that will diffuse and illuminate the altars of the LOTUS.

At another Saturday Satsang in Santa Barbara, Gurudev wouldn't accept the garland offered to him. Instead, he gave it to his guest, Indra Devi. "We call her our grandma in the Yoga field," Gurudev told us and continued by saying that she was the Yoga instructor for the king and queen of a Himalayan state. "If I say anything special today, you should know that she is the one who's inspiring me."

Plans had been made to show the YES film. However the movie projector wouldn't work. Gurudev himself tried to fix the problem. When it couldn't be fixed, he joked, "Sometimes even the equipment of the Yoga centers wants to go into Samadhi!"

Later in the evening, Gurudev said, "Remember, if anything happens anywhere in the world, it affects us. Like an infection of the toe, the poison will eventually reach the head. See what is happening in the world today, horrible things. These things happen because of spiritual disharmony. Love and give. Care and share."

-Krishnadasi Mouw, Ganga
Marceaux, Eleanor An-
derson, Sr. Devi

On the 29th of March, Sri Gurudev arrived in Kyoto, Japan, where he had been invited as a special guest speaker for the Sixth International Yoga Teachers Association (IYTA, of which he is patron) general meeting. This was also the first World Zen Yoga Convention.

That evening, Gurudev joined convention chairman Doctor Masahiro Oki and Hatha Yoga master B.K.S. Iyengar in a panel discussion.

Through the aid of simultaneous translations, the Japanese audience of 500 as well as participants from South America, Australia, Puerto Rico, South Africa, France and other countries listened to daily lectures, attended demonstrations from the various traditions, had group meditations. There were also cultural events including music, Japanese flower arranging, tea ceremonies, martial arts demonstrations and sightseeing.

Sri Gurudev spoke daily to the participants who gathered to hear his talks and to have their questions answered. The participants were fascinated and truly inspired to hear from this great yoga master; and Gurudev received cheers, applause, and was surrounded by hundreds wanting to meet him at every lecture. His presence warmed the hearts of all and it was through this loving communication between the Japanese people and Gurudev that there was no language barrier at all.

A young woman named Naoko Miyazaki was Gurudev's guide and assistant in Kyoto. She really wanted to travel on to assist him in the other three cities of

the Convention. Unfortunately, she was not able to do this but vowed to read all his books, listen to all his tapes and come to visit America.

The Convention next met in the city of Nagoya, where Gurudev was met by a very kind gentleman, Mr. Kickuchi. He was so happy to have the opportunity to escort Gurudev after having stayed at Sivananda Ashram in Rishikesh and hearing of Gurudev's work in the West. In a loving gesture, Mr. Kickuchi sent flowers and a picture to Gurudev's room. The hotel rooms were small, but when Gurudev received the picture, he said, "Now this is the biggest room, because He (Master Sivanandaji) is here."

Gurudev joined Dr. Oki and Mr. Iyengar in a discussion of "Yoga and Education of Children". Later in the day, Gurudev spoke about "Yoga in Daily Life." He emphasized the point that physical postures or exercise are not enough. "To lead a well-balanced life, a natural life, we must see that Yoga is applied to everything we do daily." He spoke extensively about the benefit of vegetarian diet in the practice of Yoga. "Meat eating is the product of violence, which is not Yoga. Let everything that comes to you come with the proper vibration." So many of the participants commented on the way Gurudev's presence filled the air with a feeling of true Yoga, of peace and ease.

The next site of the Convention was Tokyo, and the opening ceremonies were attended by the Governor of Tokyo and the Minister of Education, as well as over 2,000 participants.

After Sri Gurudev and the other foreign guests were introduced Gurudev addressed the gathering on the topic of world peace: "We must see that what we want to happen in the world happens within us first. If we find peace in our hearts, then at least that part of the world will have peace and then we can inspire others to find the peace within."

"I am not here to teach you some meditation for you to go and practice in a corner somewhere. Instead, let every action in your daily life be a meditation. Let there be constant vigilance in your thoughts and actions and then you can retain your peace."

Gurudev ended his talk and thus his formal participation in this Convention with the following words: "If this Conference and these little talks of mine could help you to find a little more peace, then this time has been well rewarded for me. This is my sincere wish, that you all should find that peace and joy. I express my gratitude to Dr. Oki and his associates for organizing this Convention. May the Cosmic Strength shower them with blessings to continue this great and noble service. "

That evening, there was a grand farewell party with Japanese theatre and music.

Sri Gurudev and Mr. Iyengar spent many wonderful moments together throughout the Convention, speaking in their native Tamil language and sharing remembrances of their first meeting quite a few years ago. It was not until this Japan visit that the two Yoga masters were reunited.

On the 7th of April, Sri Gurudev traveled to the town of Mish-



IYTA Convention closing ceremony.

ima, the site of the Oki Yoga Ashram where he was invited as a guest speaker during a four day Oki Yoga Seminar.

Over and over again during these travels, I had the chance to experience the Japanese hospitality and graciousness which Gurudev had praised so highly from past visits. It was certainly a great inspiration.

A dear and revered friend of Sri Gurudev had joined the convention in Tokyo and traveled on to the seminar in Mishima. This was Sri Pandit Shiv Sharma who has since left his body. (Please see the "Yoga and Health" section in this issue for a tribute to Sri Panditji.) Dr. Oki had invited Panditji to represent the field of Ayurvedic medicine at the Convention, and he was certainly an excellent representative. There he was, at 80 years of age, delivering daily lectures. Sri Gurudev often commented on the beauty of Panditji's humble spirit while Panditji told us



Sri Gurudev and architect Steve Au discuss LOTUS plans

was great an example of Yoga Sri Gurudev is. As Gurudev lovingly required after Panditji's comfort throughout the stay, Panditji told us how this quality of ser- cefulness is Gurudev's nature.

On the last evening of the minar, Sri Gurudev, Panditji, and Mr. Iyengar were driven to imoda, a resort area where they are hosted graciously by Dr. i at his Yoga hotel.

I would like to mention the service of Kenji and Krupa Kiri-

tani, members of the New York IYI, who were in Japan to visit Kenji's family. "They were sent to be my two angels," Gurudev said lovingly of the Kiritanis who completely took over any details that needed to be attended to, helping to make Gurudev comfortable and translating as we traveled from city to city. Kenji also gave the formal translations for all of Gurudev's talks during the Convention.

-Sister Devi

AWAII: LOTUS Foundation

On his return to the West Coast, Gurudev stopped over in Honolulu for several days. There he was hosted by Peter and Rosanna Hsi. Many devotees were there to express their love and devotion including Sundari Wiig who took Gurudev sightseeing.

Sivakami Jentes took Gurudev to hear a rehearsal of Javanese gamelon music at the University. On a perfect timing, they arrived during a break in the rehearsal which gave Gurudev a chance to try out the beautiful and an-

cient instruments. The musicians were pleased to discover Gurudev there and gave a complete performance just for him!

On the evening of 12 April Marcia Acciardo had arranged for Gurudev to be the guest on Radio 108. Eric, the host, provided the opportunity for the public to call in and ask questions of Gurudev during this live program. The show was scheduled to last for 30 minutes, but the enthusiasm of the audience extended it to two hours.

That evening, the Au family arrived back in Honolulu from a visit to the "big island". With the AUs back, the Honolulu family was complete; and there was a wonderful celebration with everyone. Linda, the oldest of the Au children at age 17, asked "Grandfather" (as they refer to Gurudev) for a new name; and

shortly "Lakshmi" she became!

The next morning, before his departure, Gurudev met with Steve Au, who has been the main architect for the LOTUS as well as the Virginia Ashram master plan. They spent several hours finalizing details to enable the foundation work for the LOTUS to begin.

WEST COAST: For Us All

Gurudev arrived in Los Angeles still garlanded with the leis the Honolulu family had covered him with, only to be garlanded with the love and flowers of the West Coast family.

Meenakshi Honig with the help of her brother Swami Swaroopananda and Subhadra Clark had organized a LOTUS fundraising dinner which raised over \$3000. At the end of the dinner, Gurudev spoke to everyone and expressed how moved and inspired he was by their dedication. He also took the opportunity to share with members of the West Coast family a concern that he had wanted to clear up before his return to the East Coast.

He explained that he had heard that some people were not quite happy about the close of the L.A. Institute and the Santa Barbara Ashram. Some felt that so much energy was being absorbed by the projects in Virginia which outwardly seems not to benefit Californians. Gurudev very clearly explained that first we should all feel that what is developing in Virginia is really for us all. The LOTUS will certainly be a gift to humanity, and however one contributes will ultimately bring benefit to all. Second, he said, anytime devotees want to come forward to establish a strong

center or Ashram, he will be happy to support that effort. The centers there have simply been cut back because of the lack of sufficient whole time members to take care of a living-in center. Personally I felt happy in hearing this reminder that we're blessed to have a Teacher who is able to channel energy to where it will bring the most benefit to the most people. That is the beauty of someone who has that total unselfish vision.

From Santa Barbara, Gurudev arrived in San Francisco on 17 April to be present for several LOTUS fundraising events there including a talk and a dinner. The San Francisco family worked very hard and raised nearly \$3000 for this beautiful project.

On the 19th of April, Sri Gurudev arrived in San Antonio where he would be giving a public talk and participating in the San Marcos River Festival. The Festival was organized as an effort to help preserve the ecological welfare of that River. Gurudev addressed the gathering on the topic of "Man's Role in Respect to Mother Nature" and joined in an ecumenical service to close the Festival.

-Sister Devi □

Wisdom Offering

Presenting Sri Gurudev's teachings in book and booklet form is an ongoing process for us at Integral Yoga Publications. We have been able to continue this work with the aid of "Wisdom Offerings". Any support you would care to offer for the furtherance of these publications would be greatly appreciated. Tax-deductible donations may be sent to Integral Yoga Publications at Satchidananda Ashram - Yogaville East. Om Shanthi.

Integral Yoga

Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.



**Raja
Yoga**

The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.



**Karma
Yoga**

The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.



**Japa
Yoga**

The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to IT.



**Bhakti
Yoga**

The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.



**Hatha
Yoga**

Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.



**Jnana
Yoga**

The path of wisdom. By study, self-analysis and awareness, the Jnani Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "Body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

- Swami Satchidananda